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March 19, 2009 Volume 25 Issue 18

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The 'Wolf of Wall Street' on the prowl

Belfort gives business ethics presentation to future entrepreneurs

Shannon Ianni
Assistant News Editor

On Weds. March 4, Jordan Belfort packed the University Commons at Sacred Heart University with his presentation of "Building a Business Ethically – From Idea to Empire – Without Sacrificing Honesty and Integrity."

Students, faculty, and administration crowded in chairs and against walls as the "Wolf of Wall Street" began his presentation about his former Wall Street scandals and life of luxury and greed.

"There is nothing glamorous about living that life," Belfort said.

Belfort began by asking how many in attendance were business majors, but also stressed that his message applied to all other fields too. As a whole, his presentation emphasized the importance of ethics in every work-related situation.

"When you get that sinking feeling in the pit of your stomach, that's when you know you're going the wrong way," he said.

Belfort attended American University in Washington D.C. and said that his problem started there because he was given more leeway than in the past. Though he still maintained high grades, the "first notch in his belt" came during these years.

Selling meat and fish door to door, Belfort had a natural skill as a salesman, breaking the company record in a day. The problem—it was all a lie.

"I was always into making money," he said. "When you begin to rationalize to yourself that what you're doing is okay, that's when you need to have a gut check. Don't just assume [something] is right because other people are doing it. Before you know it, you're used to it. It is so easy for the message to get lost in your own mind."

Before Belfort began speaking of his "adventures" as a stock broker, he stressed the message of ethics again to students. He addressed the audience, and especially students who will be on



The Spectrum/Zack Lane

Jordan Belfort discusses his former career as a faulty stock broker and learnt experiences on March 4 in the University Commons.

the hunt for a job in the near future, that they must maintain a rational mindset when approaching all situations.

Belfort began his Wall Street career on the day it dropped 508 points and crashed to the ground.

"The mighty roar of a boardroom and the fear and greed [in the room] is unbelievable," he said. "But before I knew it I was 24 and broke. I was rolling nickels, dimes, and quarters to pay for shampoo—that's how broke I was."

Belfort's saving grace came from a brokerage in Long Island, N.Y. that sold penny stock to poor people. Though it was unethical and the brokers were trying to take more away from people than what they had, Belfort said that he was only thinking about money at this time. He said that it is when times are hard that it is

See BELFORT on page 3...

Crash on Park Ave constitutes concern

Therese O'Shea
Staff Reporter

On Feb. 26, an intoxicated student drove himself home from nearby bar and popular student nightlife spot Vazzy's. The three-minute drive home to his dorm ended as the student crashed into a tree on the center divider outside of Roncalli Hall around 1 a.m.

Both Bridgeport police and Public Safety responded immediately, and the student was transported to St. Vincent's hospital with some minor lacerations.

The student, who is under the age of 21, was alone during the crash.

According to Larry Wielk, dean of students, incidents of this nature thankfully do not occur often at Sacred Heart.

"This is either the second or third incident like this that has occurred since I've been here," said Wielk. "The last time that I can recall anything of this nature was about five or six years ago, when a student leaving the Sports Page hit another student within only a block of the bar."

The University has the authority to penalize the students involved in cases like this.

"We have jurisdiction, as does the city of Bridgeport in this case," said Wielk. "A hearing will be conducted by our judicial officer, and the case will proceed from there."

Considering that this particular accident took place on the street on Park Ave., it was not considered to be an "on-campus" incident.

"What becomes unfortunate for him is the fact that it happened right outside of Roncalli," said Wielk.

This brought the accident to the attention of not only Bridgeport Police, but Public Safety as well.

"[In situations such as this,] Public Safety responds to the incidents, investigate them, and refer the students to judicial affairs and the dean of students," said Jack Fernandez, director of Public Safety.

Depending on the severity of the case and the proximity of the incident to campus, the university reserves the right to penalize the student for any damage left behind.

"If this happened on campus, for See MOST on page 2...

Lecture schedule is jam packed this spring

Alyssa Scott
Staff Reporter

As this academic year begins to come to a close, the lecture series plans to go out with a bang. For the spring 2009 semester, Sacred Heart University has booked a variety of speakers to enlighten its students.

Those who have been invited to lecture will speak on a variety of topics. Emphasizing the catholic intellectual tradition, Robert Ellsberg will speak on Dorothy Day; and Kerry Kennedy will talk about her new book focusing on being Catholic today. From a historical standpoint, John Alter will talk about Franklin D. Roosevelt's first 100 days in office and Steve Coll will discuss his new book revealing the history of the Bin Laden

family.

This choice of speakers has students excited about the lecture series. "I think the lectures will attract a lot of people because they cover a variety of topics. Even though I might not go to all of them a few sound interesting," said sophomore Kayla Jerome.

The lectures will begin now that the university population returned from spring break. Today, Ellsberg will talk about Dorothy Day at 7 p.m. in the University Commons. Having studied Day's diaries, he has gained insight into the Catholic activist.

Sponsored by the Ryan-Matura Library, the College of Arts and Sciences, the Department of Religious Studies, and the University's Center for Catholic

Thought, Ethics and Culture, the lecture will feature woman whose teachings have inspired the Catholic intellectual tradition.

On March 26, Kerry Kennedy will come to discuss her New York Times best-seller, "Being Catholic Now: Prominent Americans Talk about Change in the Church and the Quest for Meaning."

Before compiling her book, Kennedy said she felt a feeling of uneasiness about her faith. In an interview with the Boston Globe, Kennedy said, "I was feeling conflicted because my Catholicism is so deeply important to me – My Catholicism informed my view of the world, and the work that I do every day on social justice issues. And yet, so often when I went to church, I was confronted with words and symbols that were anathema to my val-

See AUTHORS on page 2...

INDEX

NEWS.....1-4 A & E.....8
STUDY BREAK.....5 FEATURES.....10
PERSPECTIVES.....6 SPORTS.....12-16

CONTENT

WEATHER.....5 FASHION.....11
HE/SHE SAID.....7 SCOREBOARD.....12
MOVIE REVIEW.....9

News

Best Buddies organizes a 'quest for booty'

Mari Brown
Staff Reporter

Ye be warned, a "themed scavenger hunt" be comin' to Sacred Heart University.

The Sacred Heart chapter of "Best Buddies" is hosting "Midnight Madness," a beneficial scavenger hunt for the program that will aid a nonprofit organization. The hunt begins on April 18.

"Midnight Madness is a pirate themed scavenger hunt," said sophomore Emilie Latainer, president Best Buddies and special events director for Midnight Madness. "We will be having a pre-party located on the Flik (Chartwells) patio, giving all the participants a chance to meet the buddies and just hang out."

When the time comes, participants will be given the scavenger hunt list and 12 hours to complete as many things as they can on the list. This includes taking pictures and videos around campus of a variety of different items.

The teams then have to upload all of the pictures and videos to Facebook. When time runs out and the hunt is over, teams will meet back at the Chartwells patio for a DJ'ed party where winners will be

announced.

All the fun, games, and prizes are for a beneficial cause. Best Buddies is "a nonprofit organization that enhances the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment," said the Midnight Madness Web site.

For Sacred Heart, this event "is a big deal because we were one of 15 schools selected by Best Buddies International to host this event," said Latainer. "It is one of the biggest fundraisers Best Buddies International holds, and all of the donations go directly to Best Buddies International."

Junior Steve Antonson, a member of Best Buddies, and his buddy Matthew, can't wait for the event.

"We are both very competitive so this event suits us well," said Antonson. "Hanging out with some of these amazing people is enough of a reason to participate, not to mention the great prizes that are in store for the participants."

Some of last year's prizes for the event included laptops, iPods, movie passes, Red Bull, digital cameras, theme park passes, and more. This year, the prizes include several appealing prizes, including four iPod Touches.

Anyone can get involved in the event

at Sacred Heart, including students from other schools with Best Buddies chapters on campus. Students and buddies create teams of six to 10 people who "try to complete as many tasks as possible in 12 hours," said the Midnight Madness Web site. "At the stroke of midnight teams race across the finish line into a giant party with live entertainment," and the winners are named.

The teams must complete certain tasks in order to win. One task will be to duct tape one of the team members to a wall, 2 feet off the floor. Another task is to take a photo of the team holding hands as they cross a street. Wrapping a member in saran wrap and taking a picture by the library is also a task on the list.

Each completed task earns a certain number of points, and whichever team has the most points in the end wins.

With such a big event on campus, the members of the executive board for Best Buddies have been busy.

"We have been planning the event since the beginning of fall semester," said Latainer. "It is extremely time consuming, and we have meetings every week."

The meetings consist of the executive board of 7 people working to get donations and prizes for the event. Advertising

Midnight Madness and recruiting teams for the event is hard work, said Latainer.

While the hard work hasn't paid off yet, the members of the executive board and Best Buddies have high hopes for the event.

"I think the best part will be the hunt and raising awareness for Best Buddies, which is a great organization that a lot of people are unaware of," said Colleen Hellman, executive director of Midnight Madness.

Members of the program are encouraging members of Sacred Heart to attend the event.

"Everyone should try their best to enter a team since it benefits such a great cause and it promises to be an eventful day," said Antonson.

If people are interested in the event, but not the actual scavenger hunt, the parties are open to everyone. Another way to get involved with Midnight Madness is to donate money to participants and Best Buddies, even if the donor isn't involved with the actual scavenger hunt.

The "Quest for Booty", according to the Midnight Madness Web site, is the "the hottest craze to hit Sacred Heart's campus," this Spring.

Authors, Catholics, journalists, oh my

...CONTINUED from page 1.

ues."

The various essays that will be discussed concern the issues which brought her faith into question. Consisting of 37 essays written by authors, entertainers and activists, Kennedy's book examines the Catholic faith from various personal viewpoints.

The discussion will bring together her views with those of her book to provide explanation for the present day Catholic tradition. At the lecture, books will be available for purchase and Kennedy will be available for a book signing.

Not long after this event, WSHU Public Radio will sponsor speakers in both March and April. For both lectures a reservation is required, and a \$3 suggested donation will be collected at the door to benefit WSHU. Also, to secure their seats, all attendees must be pre-registered on WSHU's Web site.

First Steve Coll will lecture in the University Commons on March 29. As the author of the New York Times bestseller "Ghost Wars" and former Washington Post managing editor, he will be talking about his latest best seller, "The Bin Ladens: An Arabian Family in the American Century."

This book discusses the mysterious history of the Bin Laden family. According to the Penguin Books Web site, Coll's new book "encapsulates the unsettling contradictions of globalization in the story of a single family who has used money, mobility, and technology to dramatically varied ends."

The following month, Jonathan Alter will be coming to speak at the university. On April 19, Alter will lecture in the Edgerton Center at 4 p.m. As Newsweek's senior editor, he will discuss his New York Times bestseller, "The Defining Moment: FDR's Hundred Days and the Triumph of Hope."

In his book, Alter describes Roosevelt's strategies for pulling the nation out of trouble. WBUR and NPR's On Point with John Ashbrook said "In his new book, journalist and author Jonathan Alter writes of FDR's first hundred days — from his inaugural speech, to his fireside chats, to his bank bail-out and the birth of social security. It was a New Deal of hope and leadership for a nation that had lost both."

After discussing the book in detail at the lecture

he will be signing his new books, which will be available for purchase at the Edgerton Center. In addition to the other talks, his discussion will wrap up the spring semester lectures.



Photo courtesy of Jean Kilbourne

The Student Affairs Lecture Series will feature Jean Kilbourne. Held in the Edgerton Center for the Performing Arts on March 23rd at 7 p.m., Kilbourne will present one of her many lectures entitled "The Naked Truth: Advertising's Image of Women."

According to the Jean Kilbourne's Web site, the lecture she will present at Sacred Heart addresses the problems today in relationship to the advertising of women: "date rape and other forms of violence, eating disorders, and increased rates of drinking and smoking." Although this seemingly targets women, she connects to her audience in a way that influences both genders.

Most students condemn drunk driving

...CONTINUED from page 1.

example, and the student was found responsible, he would be made to pay restitution for the damage," said Wielk.

The tree that the student crashed into on the Park Ave median belonged to the city of Bridgeport, not the university, so the student is not being made to compensate Sacred Heart for any damage done there.

"Situations like this are certainly one of my biggest fears every Thursday, Friday, and Saturday night around here," said Wielk.

University officials say they are doing what they can to prevent incidents like this from happening in the future.

"It is critical to make students aware of the importance of designating drivers. I know students are going to go out and drink, but they have to be aware of how much their friends are drinking when getting behind the wheel," said Wielk.

Many Sacred Heart students say they are well aware of the severity of driving drunk, and will take the steps necessary to prevent drunk driving.

"It's so much easier to give your keys to a friend you can trust, in order to make sure you won't take your car out while drinking," said freshman Kiefer Gonzales. "Otherwise you're not only putting your life in danger, but your passengers as well."

According to the Mothers Against Drunk Driving (MADD) Web site, about three in every 10 Americans will be involved in an alcohol-related crash at some time in their lives. Students have heard of the tragedies associated with drunk driving numerous times, and many have been directly affected by these incidents.

"From personal experience and after hearing the horror stories from high school of people who died in accidents, I think it's incredibly irresponsible," said sophomore Bryce Brown.

Some students have found other transportation options for getting back home safely.

"The best alternative is to get a group of people together and call a taxi," said sophomore Frank Brady. "They're always outside of campus anyway, and if you split it among a bunch of people, it ends up only being a few dollars per person."

Yet when it seems that you have no other alternative but to drive yourself home, is it worth it?

"You're risking throwing away your future for something so stupid. It's not worth it," said Brady, "especially for college students, because this is where our lives begin."

Belfort: From criminal to NYT's best-selling author

...CONTINUED from page 1.

all the more difficult to be ethical.

"We are all so hooked into instant gratification," he said. "Inside me, the guilt was festering, I was stressed. But the business was easier than I thought."

Belfort addressed the audience and said that when you are working at a business that is completely a-moral, you rely solely on money.

"I still wanted more, the harder I tried to fulfill that hole the bigger it got," said Belfort.

Belfort soon founded his own brokerage in Long Island, Stratton Oakmont. He trained young brokers, some still in high school, to sell stock. Belfort said that one of his gifts was that he was a natural salesman, and that he could teach anyone to sell stock.

"Within 90 days I made a million dollars. It was complete and utter insanity," he said. "Everyone made such a fortune, it spiraled out of control. It wasn't the brokerage firm that was the problem; it was the man running it that's evil."

Within a few years, Belfort had successfully become a multi-millionaire completely based on fraud. Shortly after, he found himself serving 22 months in federal prison. Because of his utter disregard for any business ethics, Belfort lost absolutely everything he had.

"I had a complete meltdown of ethics. I lost it all because of this ethical situation. I was the American dream, there is so much good to be learned from my life," he said. "[In jail], I was thinking of my daughters face and thought, 'What did I do to my life?' Most of all I lost my self respect.

Once you sacrifice what I had, it could take a lifetime [to rebuild]."

From Wall Street criminal to best-selling author, Belfort has made an immense transition from his earlier days. With the release of his two novels, "The Wolf of Wall Street" and "Catching the Wolf of Wall Street," Belfort takes readers on his wild ride of experience as a faulty stock broker.

With the current state of crisis in the economy and the hunger for money, Belfort also added some advice for Sacred Heart students.

"When you get into the real world, tomorrow comes really fast. The consequences will catch up with you," he said. "People in the government are gearing up to catch the next wave of crooks. But amid the ashes, now is the best opportunity for people just entering. The time is never better."

Belfort said that being fueled by greed isn't necessarily a bad thing, but you have to be greedy in the right way. Greed can make you very successful, but you have to keep with your ethics. For students entering the business world, a simple misjudgment and loss of principle is so easy to let slip.

"Once you start down that dark road you get a reputation, and your reputation is destroyed," he said. "All legitimate people won't go near you."

At the end of his presentation, Belfort gave students one final piece of advice.

"Go out there and kick some butt, work hard, become rich but don't do what I did. Laugh, learn, get rich, but do it right."

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News

Lawmakers propose bill to raise tax on gas in CT

Mallory Berko
Staff Reporter

Up, up, up and away!

It seems that this is the latest trend when it comes to our economy, more specifically, gas prices.

Gas prices have always been fluctuant, increasing and decreasing quite rapidly and sometimes, unexpectedly. The beginning of 2007, right around February, is when the dramatic climb started. By the summer of 2008, gas prices reached the highest they've ever been, at an average of about \$4.00 a gallon.

Then by winter, just in time for the holidays, prices changed drastically. This time, the average price for a gallon of gas dropped to \$1.61.

And yet again, prices are on the rise. But it's not so much the price of crude oil that could cause the gas prices in Connecticut to go up, as it is the taxes on gas.

"I will be far less inclined to travel a long distance to work if the gas taxes are increased," said senior Dan Cianciolo.

In a report from WTNH News Channel 8, Connecticut news, lawmakers have proposed a bill that could raise Connecticut's gas tax by five cents.

The bill, #999, would increase the tax on gas from 25 to 30 cents a gallon and could go into effect as early as April 1. Although this isn't the highest taxes have been—the highest being 39 cents back in 1997—state residents are still hesitant about the proposed change.

"We should cut expenses first and then look at the profits made by large gas companies," said accounting professor Dr. Boyer. "This should be only the third alternative."

In an article written by Amanda Falcone, "Time to raise gas tax?" she notes that some are not in such agreement as others.

Sen. Thomas Gaffey of Meriden is against raising the state's gasoline taxes, which funds about 20 percent of the state's infrastructure, allowing roads to be maintained.

Gaffey said that it does not make sense for the state to raise the gas taxes during the recession, when Connecticut already has one of the highest gas taxes in the country. He does, however, agree with the idea of bringing back toll booths to the state's major interstate highways.

Although the increase in gas tax would go towards improving the state's railroad infrastructures, toll seems to be more logical.

"An increase will make consumers drive through the state without stopping to fill up, because they can get gas in other states for less," said Gaffey.

If this were to happen, Connecticut would lose money instead of the original plan of making it.

However, if toll booths are put on major highways, it would be harder to avoid, as people would have to drive through them in order to get through the borders between Connecticut and Rhode Island, and Connecticut and New York.

"Tolls are better because they are directly related to the use of the road," said Boyer.

This proposal couldn't come at a far worse time, given the current economic situation. Although the state feels that one of these ideas will hopefully result in better revenues for Connecticut, not all residents agree.

For students especially, this puts one more burden on their shoulders, along with rising tuition.

"There are other means to raising money than increasing the already very high gas taxes," said Cianciolo. "Raising taxes will make finding a job even more difficult than it already is."

Rather than looking at the financial downfall to this proposal, some feel that raising gas taxes will be a good idea in terms of helping our environment.

Professor Lindquist, a professor for operations man-

agement at Sacred Heart University and a long-distance driver himself, feels that raising gas taxes would help to reduce the consumption of a depleting resource and would encourage people to use alternative energy substitutes.

The decision to either raise taxes or bring back toll booths has its pros and cons. One main concern that arises with the idea of toll booths is safety.

"The toll system creates a safety risk, additional pollution, and wasted time," said Lindquist.

The primary reason that toll booths were originally removed from Connecticut was because of a crash that left six people dead in January of 1983. According to a New York Times article, "6 Die in Crash at Toll Station in Connecticut," a tractor-trailer had crashed into four cars on Connecticut's Interstate 95, engulfing the truck and three of the cars in flames.

Still, some feel that the state should make the decision to bring tolls back to Connecticut's major highways, rather than increase gas taxes.

"I think tolls are a better idea because highways are what really need the money and those using them most should be paying for that," said Cianciolo.

And then there are some who feel that the state shouldn't do either, raise gas taxes or bring tolls back.

Connecticut's deficit is now more than \$1 billion, and seems to be rising. Rather than fixing the budget by raising taxes in a state that already has one of the highest in the country, or revisiting the idea of toll booths that seem to be too dangerous, there should be other options.

Some state residents feel that they shouldn't have to pay any additional money, when currently our money doesn't seem to be going to good use.

"We need to stop allowing all the state construction and road workers to sit around and do nothing for their 6 to 10 hour days," said senior Oliver Olinyk. "That will save money and allow it to be redistributed to more appropriate things."

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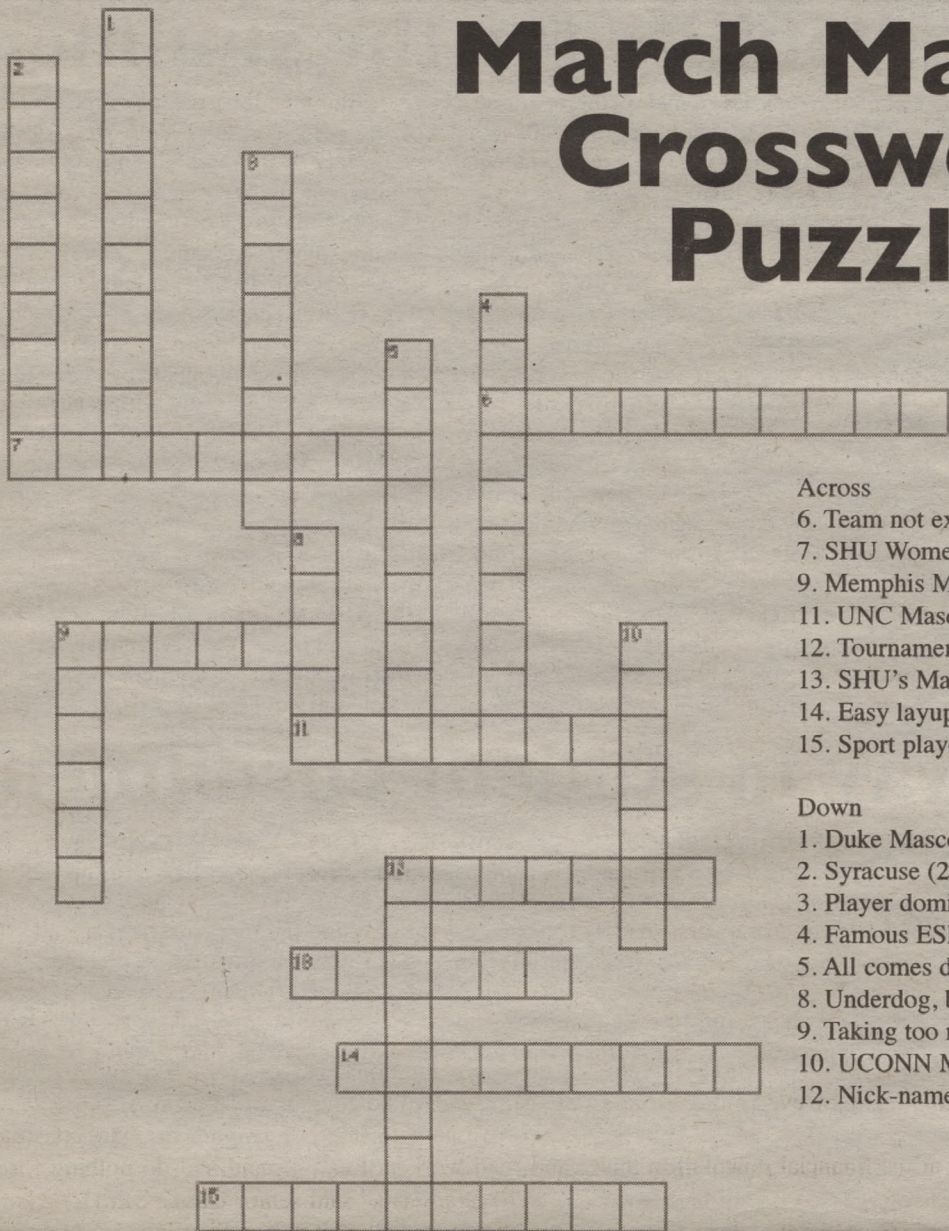
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March Madness Crossword Puzzle



Across

6. Team not expected to go far, but does
7. SHU Women's head coach (2 words)
9. Memphis Mascot
11. UNC Mascot (2 words)
12. Tournament outline
13. SHU's Mascot (2 words)
14. Easy layup (2 words)
15. Sport played

Down

1. Duke Mascot (2 words)
2. Syracuse (2 words)
3. Player dominates on hoop
4. Famous ESPN college announcer (2 words)
5. All comes down to this (2 words)
8. Underdog, big loss
9. Taking too many steps
10. UCONN Mascot
12. Nick-name for NCAA Tournament (2 words)

Look for the answers in the following issue of the Spectrum!

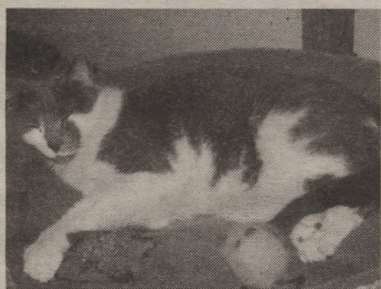
Puzzle created with
Puzzlemaker.com

Last Issue's Spring Break Crossword Answers

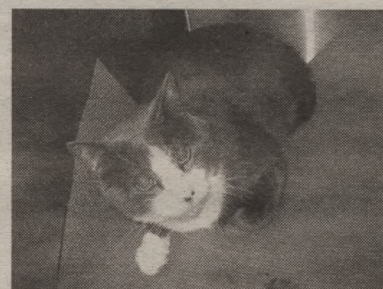
1. SCHOOLS OUT
2. SURFING
3. SUNBLOCK
4. OCEAN
5. BEACH
6. CERVEZA
7. MEXICO CITY (DOWN)
7. MARCH (ACROSS)
8. TAN
9. RELAX
10. BUILD HOMES
11. TOWEL
12. IRELAND
13. EL SALVADOR
14. VACATION
15. ALL INCLUSIVE

THE CAT CORNER

CATS FOR ADOPTION FROM THE STRATFORD CAT PROJECT



THIS WEEK'S CATS ARE CALLY (LEFT) AND DUKE (RIGHT). DUKE IS A GRAY AND WHITE MALE. HE IS APPROXIMATELY 4-5 YEARS OLD. DUKE CAME OUT OF A MULTI-CAT HOUSEHOLD AND WAS NOT USED TO A LOT OF CONTACT WITH PEOPLE. WHILE HE REMAINS SHY, HE HAS BLOSSOMED IN HIS FOSTER HOME. DUKE HAS BEEN NEUTERED AND IS UP TO DATE ON HIS SHOTS. CALLY IS A GRAY/WHITE FEMALE APPROXIMATELY 6-7 YEARS OLD. SHE IS A WONDERFUL COMPANION AND LOVES TO BE BRUSHED. SHE HAS BEEN SPAYED AND IS UP TO DATE ON HER SHOTS. THE PERFECT HOME FOR THIS PAIR WILL BE A QUIET, CAT-SAVVY HOME WITH NO YOUNG CHILDREN OR DOGS. IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN ADOPTING THESE BOYS, PLEASE CONTACT THE STRATFORD CAT PROJECT AT SCP4CATS@YAHOO.COM OR CALL (203) 375-7009.



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Perspectives

Students question job availability for the summer

Joe Mazza
Staff Reporter

Students are planning differently for their summer jobs this year. The economic crisis has caused them to accommodate by looking for new ways to save and make money.

"I feel that the economic crisis may lead me to having trouble getting a job that I like along with a salary I like," said freshman Rob Cowan. "Hopefully there will be some openings by the time I start looking."

Some students have had summer jobs waiting for them in the past, but now they are uncertain there will be any job for them.

"I usually work at Staples as a part time employee," said sophomore Melissa Braun. "I think I may not get the job again because they have been cutting hours."

Even local, public jobs have

been cutting hours on their employees due to lower budgets.

"Although my boss at the public library did say I would have a job, she also said I would possibly have fewer hours," said junior Nick Sacco. "This comes with town budget cuts, which mean less pay. Still, I feel lucky that I didn't get refused and that I have any job at all."

Given that Sacco will be earning less money than usual, he is now looking for a second form of income.

"Since I use the summer to make money for school, I have to find another job [for the season]," said Sacco. "The pay from working at the library is good, but fewer hours will affect how much

I could possibly make there alone."

However, the summer is not only about having spending money for these students.

They are also looking for ways to save what they have and use it on things they feel are valuable.

"I feel that the economic crisis may lead me to having trouble getting a job that I like along with a salary I like," said freshman Rob Cowan.

"This summer, I plan on making some money because I hope to help pay for my next year's tuition," said Cowan. "Also,

I plan on working on my house which my family and I have rebuilt from the ground up."

There are additional benefits of having a job.

Working during the summer has also been known to help young adults gain life experience.

"Summer jobs are an important part of growing up, and help you develop workplace skills and a sense of responsibility, no matter where you live," said London Free Press columnist P.J. Harston.

Freshman Alexander Zellar, among other Sacred Heart students, said that this is true because of how much he learned through his summer job.

"My job is helping me get ready for the future by providing me with a network of people that I have worked with," said Zellar. "It also gives me people and networking skills that are beneficial in any career."

Even when some may not find a paying job, some students have realized that there are still other ways to gain experience.

"If I can't get a job, I am going to do community service," said freshman Sara Graziosi. "It will help me get experience with people and would look good on my resume."

Campus tours lead the way in student enrollment

James Kearns
Staff Reporter

Sophomore

Ashley Roemer is one of Sacred Heart University's student ambassadors for prospective students. Although she doesn't typically receive monetary compensation for her efforts, she still enjoys what she does.

"I got an e-mail in the beginning of the year and my suitemate and I decided to start giving the tours," said Roemer. "We have a good time and meet cool people."

A friendly face showing you around a big, new, and sometimes intimidating environment can make all the difference.

"The tour was very influential in my decision to come to Sacred Heart," said fresh-

man Kevin Burokas. "I really liked my tour guide. Her name was Jenny and she sent us postcards over the summer just to say 'hi.'"

Going on guided tours of possible school choices can be very helpful for entering college students.

"She made the school seem very nice and made me want to come back," said Burokas. "I looked at other schools up north and they just weren't as welcoming."

Tours, which typically consist of about 10 people, run every day of the week except Sundays. They start at 10 a.m., noon, and 2 p.m., and last about an hour.

"We volunteer to be the tour guides and don't get paid," said Roemer, "unless it's a day that we have off from school like Columbus

Day or Martin Luther King, Jr. Day."

Learning to be a tour guide on campus is fairly straightforward, Roemer explained.

"You have to first shadow tour guides who have experience and learn from them," said Roemer. "You also get a packet with a script in it to memorize, but you don't really use the script that much."

She adds that on the tours, it is usually the parents who ask the most questions.

"It seems the students don't know what to ask and they just assume that we're handing them all of the information," said Roemer.

Although the parents of prospective students tend to ask the most questions, Roemer thinks it is the students who ask the most interesting ones.

"They tend to ask more specific questions, like about courses offered," said Roemer.

While the tours are helpful and influential to some prospective students, others don't consider them to be that important.

"I didn't even take a tour before coming here," said junior Christina Pecoraro. "My friend came here and really liked it, and, once I found out they had a bio program, I decided to come."

Roemer gives tours every week to those curious about the school. She adds that when she was in their position, the tour helped her.

"[My campus tour guide] was very personable, and she definitely influenced my decision to come here."

The SPECTRUM

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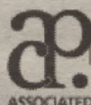
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"Pick one sport and focus on that sport only."



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"Research the college scene and colleges before you make your final choice."



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"Be prepared for anything!"



Joe Cardone
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"GO TO CLASS!"

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Answer for last week's "Where in SHU?"
In lobby of the Library

Rant of the week: St. Patty's Day celebrated, but not appreciated

Rants & Raves

Allie Pohevitz

Columnist



I'm Irish. So that means on March 17, I got to dress up in green, paint a shamrock on my cheek, and drink until the morning came. (And yes, I am 21 or over).

While I had a great time, I was also thoroughly annoyed by the amount of people who thought that the sole purpose of St. Patrick's Day is just a day to drink green beer and wear "Kiss Me, I'm Irish" t-shirts.

Does anyone really have any idea the meaning behind this holy day?

St. Patrick's Day was introduced to America in 1737 and was first celebrated publicly in Boston. This was quite some time after the date was originally commemorated on March 17, AD 461.

Born in Wales around AD 385, Maewyn, the man who would become known as Saint Patrick, was sold into slavery and brought over to Ireland at around the age of 16. He escaped this imprisonment some six years later, and began studying in a monastery for close to 12 years.

Maewyn was appointed as the second bishop of Ireland, after originally being passed up to St. Palladius, who moved to Scotland shortly after being appointed.

Changing his name to Patrick (because it was a more Irish name), he traveled across Ireland, setting up many monasteries along the way.

He also spent time working on making more school and churches to turn the pagans into devout Christians.

After his death in AD 461, St. Patrick's Day was born. There are many customs

and tales that go along with the legend of St. Patrick, including the reason why the shamrock is so popular.

Patrick used the shamrock to show the Holy Trinity of the Father, the Son, and the Holy Spirit.

He would explain during his sermons that this was a way for all three to exist in the same object without interfering with one another.

The reason green is such a dominant color around this holiday is not only because of the shamrock, but because St. Patrick's Day is so close to the first day of spring, when the grass and trees begin to bloom.

This tradition of wearing green is more of a United States tradition, as the color green to those living in Ireland, reminds them of their old green flag, which was popular at a time when Ireland was not a free country.

Leprechauns are another symbol of St. Patrick's Day that not everyone is aware of.

Yes, we have all seen the "Capture me lucky charms," Leprechaun, but as legend goes, if you can catch a Leprechaun in Ireland, you can force him to share the secret of where he hid his pot of gold.

Legend also states that Leprechauns are popular on St. Patrick's Day because they are "easy" to find near the sound of a shoemakers hammer.

On St. Patrick's Day in Ireland, the only establishment's that are open are restaurants, pubs, and shoemakers. This should make your odds of catching them much higher.

While I am aware that this is not common knowledge, I think that for next year if you are going to go crazy and wear shirts with such clever sayings as, "The Leprechauns Made Me Do It!" you should know where it all originated.

And remember, if you do catch that two-foot tall lucky little guy, share the wealth with me!

He Said/ She Said... Do you consider yourself to have a type?

Brian Germain

He said



Liz Warren

She said



I, like most men have a type. Sometimes we're hesitant to admit it, but every guy out there has let society's standards mix with his own personal likes to give him a type.

This forms into a cookie cutter outline he tries to match up with any girl he meets. Sometimes you don't find the perfect girl to meet your exact criteria, so you change and bend your cookie cutter.

Other times, you use the cookie cutter to try to cut off undesirable traits she has. Nobody is going to match the girl you've been dreaming up as perfect.

For the sake of journalism, and because the article word count is required to be longer each week, I will share my type with you. Just don't point out to my girlfriend that she has a 0% match with all the things I am looking for in a female.

My type is a complex and assumingly rare breed. She cooks dinner for me whenever I want, gives me two back massages a day, finishes up my homework when I don't have time, and does my laundry. If this is your type too, you've probably noticed a problem; this girl is harder to come by then a leprechaun riding a unicorn.

Allow me to suggest a noble idea. Search for a girl based not on what she directly does for you, but how she makes you feel. Your type should not include chores and tasks, but rather character traits and values.

Careful, to not sound like a personal ad in the paper, I dispense my personal examples unto the public.

I look for a girl who is not afraid to goof around. She can tell a good joke as well as take one.

I like someone who is extroverted and can carry on an intelligent conversation. Dumb girls make me angrier than a bull when he sees red. I like someone who has compassion pertaining to different aspects of the world we live in.

My type is athletic and not afraid to break a sweat... or a nail. She isn't afraid of the outdoors and getting dirty, but she's still sophisticated and elegant.

Living in the here and now is fine and dandy, but I look for someone who looks to the future. Someone who expresses hopes, goals, and dreams freely with confidence in herself.

Of course, males being the chauvinistic beasts that we are, we have a physical type that ties into the total equation as well.

Unfortunately, this is often the first thing we notice about people and determines if you're willing to risk making a fool out of yourself to talk to that girl across the room.

Be weary of physical typing.

If you are looking for a meaningful relationship, find a match for your inner type, someone with whom you can get lost in conversation for hours.

When I'm out with my friends, we like to play a game where we platonically match up a guy with one of our friends based on looks alone. The guy in the Vans sneakers and the sideways baseball hat is automatically Shelly's; the guy wearing the Gucci sunglasses and popped collar is always Jackie's. But it's not as clear-cut when it's my turn.

That's because I've never really had a certain "type" of guy. My colorful dating history alone will show you that I don't discriminate when it comes down to who I decide to date.

First, there was Kevin. He was an independent and rugged aspiring mechanic. With one glance, Kevin could tell you the year, make, and style of your car, in addition to a brief background of the company's history. There's something attractive about a guy who's an expert in his field.

Then there was Matt, a charming chemistry genius. I was attracted to his intelligence, but I was turned off when he started to demean mine.

That brought me to Johnny, the stereotypical frat guy. I was attracted to his nonchalant attitude and amazing ability to chug five beers in under one minute. Things ended when I realized that those were his best qualities.

So, no, I don't have a type. Only in my portfolio of exes will you find a star quarterback and a nerdy science major standing side-by-side. Though, the more I analyze each of my diverse encounters with guys, the more I realize that they actually shared one quality: a strong sense of self.

If "confidence" is a type, then I guess that's mine. There's nothing more attractive than a guy who is sure of who he is. Someone who is not easily swayed into acting against his beliefs is the best kind of guy.

But ask me who I would choose out of the hot, popular jock, the nerdy, goofy band geek, or the artsy, mysterious guy who nobody knows, and I would be dumbfounded.

This could be in part because I find it difficult to categorize myself. I can't claim to have a certain type of guy if I don't consider myself to be a certain type of girl. For that matter, I don't think anyone is a certain "type" of person.

I have always been a firm believer in bucking stereotypes—it's impossible to categorize people into groups. People who say that they are a specific type or that they have a specific type are just scared—they're scared to learn who they truly are, and they're scared to date outside of their comfort zone.

So when my friends and I decide to play another round of our game, I won't automatically assign Jackie to the guido in the corner. I may just give him a shot myself.



AP Photo/Shizuo Kambayashi

Children celebrate the holiday at the annual St. Patrick's Day Parade in Dublin, Ireland.

Girls & Sports



—Arts & Entertainment—

Nonsense boys: jamming out and dreaming big

Lacey Gilleran
Staff Reporter

Sacred Heart University students junior George Miata, junior Eddie Kuspiel, and senior Andrew Conforte, dream to make it big. They have aspirations of screaming fans, packed stadiums, and a big tour bus. However, in the meantime they are in the band Nonsense that performs here on campus. Now a name like that would automatically stick in some people's memory, but their band was not always named Nonsense.

"We wanted to name ourselves Eddie and the Kuspiels, but Eddie was not having it," said Conforte. "Our original name was Magic Hat because one day I had on a fedora and it was the best day I have ever played," said Conforte, "but we thought people would think of the beer and not us."

Conforte is from New York and is the drummer. He has only been playing for about a year. "I started playing one day in my friend's basement and have been playing ever since," he said.

Kuspiel is the bass player in the group and is seen as "the genius" by the other members. "He should be wearing a lab coat at all times," said Conforte.

He is from New Jersey and has been playing since middle school, but he did not always want to play bass.

"I wanted to play drums originally, but my parents bought me this dinky



The Spectrum/Lacey Gilleran
From left to right, drummer Andrew Conforte, bassist Eddie Kuspiel, and guitarist/lead singer George Miata make up the band Nonsense.

electronic drum set," said Kuspiel. "They didn't want me having a full set because they are so noisy and I just was not having it. So for Christmas they got me a bass."

The last member of the group is Miata, who is also from New York. He is both the lead singer and lead guitarist of the group. He has been playing guitar for seven years and has played solo shows before in high school, but he really just wanted to be in a band.

Miata and the other boys started the band in the Fall 2008 semester, and have been playing together ever since.

"We started jamming together so we thought 'why not write some songs,'" said Conforte.

Between playing together for fun and writing their own songs, they also play shows. Recently, they played a show in the Outpost here at SHU to support the charity trip to El Salvador and they all shared nervous jitters.

"I was nervous," said Miata, "It was my first show with a band."

However the nervous feelings did not seem to effect them because they are all proud of their performances, and felt that their friends and family being there helped ease their fears.

Now even though they are a band with a similar sound to the group Blink 182 at times, fans do not have to worry about them ever breaking up.

"We are all best friends," said Miata, "It couldn't work out any better."

BACHELOR'S LAST MINUTE CHANGE UPSETS VIEWERS

Michelle Munden
Staff Reporter

"Roses are red, violets are blue, something about this show doesn't smell true."

If you tuned in Monday, March 2, to catch the season finale of "The Bachelor," and were left shocked and suspicious, you were not alone.

Rumors are circulating that there may have been some sort of scam going on and love may not have been the only thing in the air that night.

Junior Christine Martiello watches "The Bachelor" faithfully and has her own wary feelings as well.

"I was so disappointed," Martiello said. "I heard that Jason had to break up with Melissa on national television because he was under contract that he started the relationship on television so he had to end it publicly too."

So what exactly is all "The Bachelor" buzz everyone seems to be talking about? There have been many break-ups of the couples who met during the 12 previous seasons of ABC's "The Bachelor."

But until last Monday night, none of the couples broke up while the show was actually airing. The bachelor and single dad, Jason Mesnick, said on the show, "I can see a life with both Melissa and Molly," and struggled with his decision.

"I am completely torn between two women. After everything I've been through, I've never been so conflicted about a decision in my entire life," said Mesnick.

It turned out that Jason dumped Molly



AP Photo/ABC, Matt Klitscher
Jason Mesnick, right, is shown with Molly Malaney on the season finale of "The Bachelor," airing Monday, March 2, 2009 on ABC.

and picked Melissa, then he proposed to her, although not before bawling after Molly left. Minutes later in the episode, but six weeks in real time, Jason reunited with Melissa and dumped her to pursue Molly.

"I have lost all respect for Jason as a

person. To toy with a person's heart like he did is entirely unacceptable," said junior Samantha Marinko.

So, as shocking as the ending may have been, ABC has been teasing it for weeks and according to www.msnbc.com, a little less than two weeks ago, the end-

ing was revealed by a blogger known as "Reality Steve," which also claimed that the ending was fabricated although the blogger later admitted "I can't prove it."

So the story goes, rumors are saying Jason participated in a scripted conclusion although in an Entertainment Weekly blog post, "Bachelor" host Chris Harrison insisted producers did not and would not fabricate or pre-plan the shocking ending. But are viewers completely convinced? "If the scam is true I think it's awful on ABC's part to make someone do that," said Martiello.

But if, in fact, the season finale was not scripted, what could be done next time around?

"I think that ABC needs to screen their candidates better in the future, to avoid such a messy conclusion," said Marinko.

On March 3, Tuesday night's special "After the Final Rose: Part 2", Mesnick defended his decision to, six weeks ago, retract his proposal to Melissa and ask Molly to forgive him and possibly take him back.

"I'm not proud of what I did to Melissa, but I made the right choice for all of us," Mesnick said. "I followed my heart, and Molly is everything I've always wanted."

Last Monday's two-hour season ender was the highest-rated program of the night, with 15.45 million viewers, according to Nielsen Media Research. It's the most-watched "Bachelor" finale since November 2003.

Looks like ABC did a fine job at reeling in viewers... now if only they didn't feel like tricked fish caught on the bait.

New viewers find themselves "Lost"

ABC offers viewers online chance to catch up on hit series

Liz Brombacher
Staff Reporter

Living on a tropical island is a dream come true for many, but not for the cast of ABC's hit drama "Lost."

The TV show first premiered in 2004 and is currently in its fifth season. It is about the survivors of a plane crash on an island somewhere in the South Pacific. The survivors believe that they are on a deserted island, but soon find out that they are not the only occupants.

The cast comes to realize that this is no ordinary island and that it holds many mysteries and odd phenomena. Some of the main characters include Doctor Jack Shephard played by Matthew Fox, fugitive Kate Austin played by Evangeline Lilly, and a collections supervisor John Locke played by Terry O'Quinn.

Since the first season the shows plot has gotten more involved each year and it takes a dedicated viewer to know exactly what is going on.

"I've been watching it since the pilot, I like the show because I think the scenario the characters were placed in was very interesting," said sophomore Drew Houghtalen. "I started watching it just because I thought the jungle was cool, but it drew me in, so when the plot got thicker

I stood by it."

There are some fans who think the show is too confusing to watch unless they have watched from the beginning; however certain students feel they can get a grasp on "Lost" regardless of what season the show is on.

"I've been watching since the third season and I can see why it's tough to get into. The show is really confusing if you just start watching it one random night," said freshman John Bigouette. "Once you get the back story though it helps and you can figure out what is going on, but still the show always keeps you guessing."

ABC realizes that the show may be confusing for some, so they offer both written and video recaps of each episode on their Web site. Here viewers can catch up on what they missed or just get an explanation of what exactly happened in past episodes.

ABC does not just offer recaps, they also have a section where fans can blog about the show or even submit videos with their theories on "Lost." Fans enjoy the show for many different reasons.

"I like 'Lost' because everything on the show is based on science. A lot of the things on the show are actually scientifically possible," said junior Mike Bellio. Although not everything on the show is known to be scientifically possible, a lot of

things are based off of research and theory, including the recent introduction of time travel on the show.

According to "Popular Mechanics" magazine, "[we] spoke to physicist, time-travel expert and uberfan Richard Muller, who's pleased with the show's consistency on time travel (so far)."

Since 2004 "Lost" board and video games have been released, as well as books. There have even been alternative reality games based on the show.

"The Lost Experience" and "Find 185" are the two alternative reality games that let fans play a game based on the TV show.

The first game started with a clue from a commercial that aired about a fictional company from the show, which led fans to the Internet to find other clues. The second game started with the Web site find185.com which clued viewers where to go next.

For more information, check out www.ABC.com.

Some members of the cast of "Lost" from top to bottom: Evangeline Lilly (Kate Austen), Jorge Garcia (Hugo "Hurley" Reyes), Naveen Andrews (Sayid Jarrah).



AP Photo/Lucy Pemoni



AP Photo/Lucy Pemoni



AP Photo/Lucy Pemoni

Tickets for the Boston Pops worth every penny

Sarah Prial
Staff Reporter

March 8, Orlando, FL. It's 3 p.m. and 2,000 people are crowded into the Bob Carr Center for the Performing Arts to see the Boston Pops, an offshoot of the Boston Symphony Orchestra as part of the 25th Annual Festival of Orchestras.

I've taken my seat next to my grandparents in the top row of the top balcony where, my grandfather informs me, "The sound quality is the absolute best."

He wasn't exaggerating. For two hours I enjoyed "A Tribute to Oscar and Tony," with a program that consisted of music from Broadway shows that won the Tony Award for Best Musical, and films that had won both the Best Picture and Best Musical Score Oscars.

Jason Danieley and Marin Mazzie, husband and wife performers often referred to as Broadway's "Golden Couple," contributed their voices in solos as well as duets on many of the musical numbers. Their duet of "Balcony Scene" from Leonard Bernstein's "West Side Story" made me lose my breath at points.

Even though Danieley's voice sounded like he may have been recovering from a cold, he and Mazzie's voices blended so perfectly together, I speculated that it had to be fate that they fell in love and got married.

The musical selections ranged from the classics to the moderns of both Broadway and Hollywood. The first half of the show featured the main title from "Gone with the Wind," and Move On from Stephen Sondheim's musical "Sunday in the Park with George."

The most stirring piece of music in the first half was the main title from the

film "Lawrence of Arabia." The applause following that piece was so enthusiastic it prompted the conductor to turn around and say, "Yeah, we really like that one, too!"

The conductor, Keith Lockhart, was the single greatest thing about this concert. In the past, I've seen Broadway shows, ballets at the Metropolitan Opera House, and even operas, but I have never seen a conductor so in tune with the music, the orchestra, and above all the audience.

When Lockhart conducts, he does not use a baton, but his entire body. He swayed forward and back with the music to the point that he looked like he was dancing. It was so evident, without him even speaking, how passionate he was about music.

His personality shined through the entire concert. He would speak in between pieces, crack jokes - "We're so happy to be in Florida, there was a foot of snow where we came from!" - and made the entire concert feel so intimate that it almost did not seem like I was in a packed concert hall.

The intimate feeling of the concert continued with You Must Remember This: A Cinematic Sing-Along. "Now all of you can say that you sang with the Boston Pops," said Lockhart.

Projected on the screen were images from the films corresponding with the lyrics to As Time Goes By, Raindrops Keep Fallin' On My Head, Moon River, The Way We Were, Que Sera, Zip-A-Dee-Do-Dah and Over the Rainbow.

As a lover of film, theater, and music, I left the concert feeling uplifted and completely satisfied. For anyone who ever hummed along to the theme song to "E.T." or secretly enjoys musical theater - this concert is a must see. The Boston Pops will continue their season tour until the end of Spring.

GOOD OLD WAR MAKE THEIR DEBUT ON SERGEANT RECORDS

Andrew McCoy
Staff Reporter

It'd be hard to imagine in the current musical landscape a band capable enough to combine sounds from such influential artists like the Beach Boys, Simon and Garfunkle, and the Byrds, and for that matter be successful at it. But for Keith Goodwin, Daniel Schwartz, and Tim Arnold, members of the Alt-Folk band Good Old War, it's as simple as strumming a guitar.

After guitarist, Goodwin and drummer, Arnold's old band Days Away were pushed from the label Fueled by Ramen in 2008, presumably over FBR's push for a more power-pop line-up, the boys enlisted fellow Pennsylvania musician, Daniel Schwartz formerly of the band Unlikely Cowboy, and Good Old War was formed.

"Tim and Keith's girlfriends were trying to come up with a name that included all of our names, so they said how about Good for Keith "Good"win, Old for Tim Am"Old," and War for Dan Sch"War"tz. We thought it was pretty clever and it worked, so we went with that," said guitarist Schwartz in an interview with Jashua Khan of Blare Magazine.

The simplistic nature of their name almost mirrors the sound the boys would come to make.

When asked to describe their sound in an interview with Altsounds.com, the band simply responded with, "Harmony."

Where a majority of bands today struggle to layer vocals in a harmonic manor, Good Old War is able to bring a rich tone to all their songs. With all three members having their own vocal part, each song gives more depth than many other acoustic artists capture.

Songs like "Stay By Your Side," which is as musically simple as they come,

featuring only subtle guitar and keyboard parts sound larger than life as the vocal harmonies give the song a whole new body and sound. But perhaps it is this simplicity that truly makes the band so great.

Having received much critical praise from sources such as AbsolutePunk.net which called it, "a rare sort of record... makes it all the more refreshing - especially when contrasted to the mountains of overproduced, underdelivering pop music out there right now," it is hard to deny the abilities of Good Old War.

What makes their debut on Sergeant Records so special is its ability to please such a wide array of fans. Songs like "Coney Island," will have even the most pop-minded people tapping along as the hip-hop styled beat chimes in, and hipsters alike will appreciate the stripped down single, "Weak Man," whose brush stroke drumming and alt-country guitar riffs underlay Beatles-esque vocals bringing out a musical lovers dream.

Having just helped fellow musician Anthony Green record his debut solo album, as well as aiding in the supporting tour, the boys seem to have mastered their instruments.

Good Old War is currently working on recording their yet to be titled upcoming EP and subsequent full-length, all while touring with Gas Light Anthem in support of their last release.

"We are in the middle of arranging new songs. The plan is to get them worked out now, tour all year and record this material for real this time next year," said the band.

Though the future seems bright for the band seeing the praise, and success of their current tour, the band seems hesitant to be as optimistic as their fans, critics, and peers about the band in the coming years. "We will see..." said Schwartz.

Features

Mr. SHU promises laughs and striptease

Nicole Giglia
Staff Reporter

Spring is finally in the air at Sacred Heart University but it's not the weather the students are talking about, it's this year's Mr. SHU competition.

Every spring, the junior class executive board puts on Sacred Heart's own version of a male talent competition.

The night consists of some singing, plenty of dancing, and nonstop laughter. This year the show will be run by the class of 2010.

"Our class board is looking forward to continuing the success of the Mr. SHU event," said Ted Fifield, senator for the class of 2010. "We've been looking forward to running this event for a year now and we want to run it to the best of our abilities."

The search for the next Mr. SHU has already begun.

Open auditions were held on March 3, where many hopefuls showed up for their chance at the crown.

Each candidate was called to the stage in the Schine auditorium to stand before the class of 2010 executive board with one goal, to impress.

After basic questioning the contestants were asked to dance.

With no prior knowledge of what song would be played, the contestants were tested on their impromptu dancing skills.

Some let their nerves get the best of them, others were fearless as they danced, and even stripped, to whatever beat they were given.

While this year's candidates must remain confidential, Dan Falanga, last year's Mr. SHU shares his audition experience.

"It's pretty nerve-racking to be up there and dance in front of everyone," said Falanga. "But it was good considering I had to do it in front of hundreds more during the actual show."

However it's not just dancing skills that the board is looking for. "We are looking for an all around guy for the next Mr. SHU," said Katie Higgins, class of 2010 president. "Someone who is a good guy, who is funny and a role model for students everywhere. Someone who can truly live up to the title of Mr. SHU."

While the class of 2010 board is unsure of the exact



Photo Courtesy of Dan Falanga

Mr. SHU 2008 celebrates his victory

number of students, they expect to see anywhere from seven to ten contestants compete for the title.

"We are excited to see what the contestants are going to bring to the table," said Higgins. "They've shown great potential already."

Falanga offers some advice for the contestants as the reigning Mr. SHU.

"Have fun, don't be afraid to look like an idiot on stage. Mr. SHU is all about having a good time. I had so much fun with the questions and my responses."

With the competition at the end of April, the contestants have a month to prepare their acts for the show.

"I practiced my talent for about two weeks before the show because of the dance practices for the opening dance were pretty intense," said Falanga.

His preparation also included watching and imitating countless music videos.

The class of 2010 board will be working equally as hard as they too prepare for the big night.

"Each member of our board has been assigned

responsibilities... and each of us are committed to completing our various tasks," said Fifield.

The board seems to find the hard work put into the event well worth it for the final result of the show.

"Mr. SHU is always a crowd pleaser," said Higgins. "Every year it seems to get better and better, I'm really excited to see how this year will be different from past years."

Mr. SHU, a usually sold out event, will be held this year on April 24 at 10:10 p.m. in the Edgerton Theater.

"The student body can look forward to a fun night full of laughs, talents, dancing, and semi-nude contestants," said Fifield.

Don't miss the
Mr. SHU 2009
competition

When: April 24, 2009
10:10 p.m.

Where: Edgerton Theatre



Photo Courtesy of Microsoft clip art

Sacred Heart program satisfies your 'S.W.E.E.T' tooth Peer education program honored at Bacchus Network conference

Amanda Kaufold
Staff Reporter

Sacred Heart University's peer education program, known as S.W.E.E.T., was recently honored at the 2009 Bacchus Network's New England conference.

The Bacchus Network is an international association of college and university peer education programs focused on student wellness.

S.W.E.E.T. was awarded the title of "Outstanding Peer Education Program," for the second consecutive year.

S.W.E.E.T. is an acronym for "Student Wellness Education and Empowerment Team."

The program encourages responsible attitudes, choices, and lifestyles among the Sacred Heart student body regarding various high-risk behaviors.

Such high-risk behaviors include those related to drugs, alcohol, and sex.

Danielle Adler, a sophomore and one of the program's

peer educators said, "we cover many aspects of wellness including mental health, consequences of tobacco and alcohol use, and overall well being. We create programs to get the correct information out to students about how to practice safe behaviors and to get rid of the numerous misconceptions people have."

Events hosted by S.W.E.E.T. this past fall semester included "Alcohol Awareness Week," "How to Beat the SHU Blues," a program focused on helping freshmen overcome homesickness, and the "Stress Free Zone" to help students unwind during finals week.

This semester, S.W.E.E.T. has surveyed students with the question "Are You Kissable?" during Valentine's Day to provide hard proof that most Sacred Heart students prefer to date a non-smoker and to supply smoking students with resources to help them quit.

S.W.E.E.T. has promoted a safe spring break, with goody

bag giveaways and a "Surviving Spring Break" seminar in Merton Hall. On St. Patrick's Day, S.W.E.E.T. circulated tips for "having fun without turning green if you choose to drink."

Upcoming events include a joint effort with Sacred Heart's Body Image Task Force to combat eating disorders.

Their efforts will coincide with the Student Affairs Lecture Series speaker, Jean Kilbourne, and her speech on "The Naked Truth: Advertising's Image of Women," that will take place on March 23.

On March 24 from 10 a.m. until 2 p.m. in the Pitt Center Board Room, S.W.E.E.T. and the Wellness Center will be sponsoring free, confidential STD screenings.

Through these various events, the students who choose to become peer educators express their dedication to the S.W.E.E.T. mission.

Sarah Tatlock, a sophomore and a peer educator said, "I

joined S.W.E.E.T. Peer Educators to gain a better understanding of how to go about helping SHU students. We learn the facts and social norms and then educate and help by being a positive, changing force on campus."

Adler added saying, "I think this is an important program because there is a lot of information out there that college kids don't know about, that could be crucial for them having a healthy future."

"I like being able to answer questions for students that they may be hesitant to ask an adult, professor, doctor, or parent," said Adler.

Karen Flanagan, Coordinator of Peer Education at Sacred Heart's Counseling Center said of the peer educators, "it's great to work with these students. They volunteer their time and energy because they are passionate about making a positive change in the culture here at SHU."

"They are so effective because they are out there with

other students everyday, and have the opportunity to intervene in situations, share information about resources on campus, or point out misperceptions that students may have. They have a level of access and credibility that we as staff members don't have," said Flanagan.

Though the program has been effective in reaching a significant portion of the student body, many students still remain unaware of what exactly S.W.E.E.T. is.

Jordan Malizia, a junior at Sacred Heart said, "I recognized the S.W.E.E.T. name and I remembered seeing their emails but I didn't really know what they were all about."

Now that Malizia knows what the program is all about, he is proud to have a program like this at his own university.

"I find it really comforting to know that there's always students available and willing to help other students with these hard issues if they ever need it," said Malizia.

Broaden your horizons: study abroad

Gina Cerniglia
Staff Reporter

Waking up to the sweet scent of croissants and the bustling sounds of Rome was not the only aspect of studying abroad that caught the attention of Sacred Heart University junior Shawna Kittredge.

"When you go away to college, you become more independent. But studying abroad is taking it to a much higher level," said Kittredge. "I definitely matured a lot."

Whether it is taking classes or a vacation, everyone should travel if they are given the opportunity, say students who've gone abroad.

What can make it an especially good time for students is that colleges offer programs and the students don't have to worry about taking time from work when it can be much harder to schedule time to travel.

"In my opinion, participating in a study abroad experience presents a student with a unique opportunity of privilege, challenge, and responsibility," said Marylou Roof, coordinator of study abroad programs at Sacred Heart University.

After living in Rome for a month, Kittredge said that experiencing the culture first-hand really made it worthwhile.

She applied through the Sacred Heart study abroad program, and said the department was very helpful in planning her trip.

The study abroad admission statement says that they help Sacred Heart undergraduates find an approved program that will transfer credits over. They also consider each individual student's need to find a program that's the best fit.

According to Kittredge, it is quite a process to find the right program. Although the study abroad department was very helpful in helping her make a decision, she also had to do some research on her own.



The Coliseum in Rome.

Photo Courtesy of Shawna Kittredge

"After going to a couple of meetings, I did some research online about the different programs. I also talked to some students from SHU that went abroad, and asked about their experience," said Kittredge. "That is how I narrowed down my options."

Kittredge minors in Italian. The fact that she was able to take an Italian class in its native country and apply the language everyday gave her a different learning experience, she said.

However, while many enjoy taking classes in a different country, some would rather vacation instead of work.

Sacred Heart sophomore Tracy Severe also experienced traveling outside of the country. She celebrated New Year's Eve 2009 on an EF College Break tour.

According to the Web site, EF College Break offers trips throughout the world to people ages 18 to 26. You can plan trips with your friends, or go alone and meet people from other areas.

The trips are designed so that you do

what you want, and that way you are not restricted to a set itinerary. They mix both sightseeing and free time so you have time for fun but are also learning, said the Web site.

Severe took the New Years trip to Paris and London for eight days, and said her experience was "amazing."

For New Year's Eve, the tour guide rented three floors with a DJ at a club in Paris, said Severe.

Some of the others on the trip stayed in London to see the Big Ben, the famous clock where everyone goes on New Year's Eve to see the fireworks, and The London Eye, a huge Ferris wheel where you can see many attractions from the top.

"Watching the Big Ben was like watching the big ball drop in New York City. It was really cool to see how another country celebrates the New Year," said Severe.

On the downside, however, some students from Sacred Heart express their concerns about traveling to a foreign country alone.

"Traveling seems really cool, but the only thing I would worry about is if I could get a group of friends together to come with me. I am worried about rooming with people I don't know because it could affect my experience," said sophomore Shaina Di Carmine.

However, when Severe enrolled in the trip, she did not know anyone else who was going and it turned out not to be a problem for her.

"I met two girls through a group invite email. Since we were all parting from the JFK airport, we decided to room together," said Severe. "It was really easy to make friends because everyone was really nice and welcoming."

Kittredge also said it became easy to get to know other people and develop friendships.

"When you study abroad through Sacred Heart, you meet other students that are planning to take the same trip you are," said Kittredge. "We would have meetings every couple of months, and I really became close with the group I was going with."

Whether it is studying abroad through the university or taking a vacation, there are many resources to help students find the best option for experiencing a different country.

For many who've gone abroad, it's an experience they want to repeat.

"Traveling to Europe was a great experience, and I would do it again in a heartbeat," said Severe.

Similarly, Kittredge agrees that traveling to another country was something she will never forget.

"Honestly, it was the best month of my entire life. It was an experience that I can never go through again," said Kittredge. "I would recommend all college students to experience traveling to another country."

'Spring' into a new style for the season

Dan Nevanpera
Staff Reporter

Who determines whether a person has style or not? Are you in with the latest trends? Or do you simply wear what feels comfortable?

With millions of brands of clothing out, it is difficult to keep up with what's hot and what's not.

From clothes, to accessories and shoes, there are a variety of ways for people to express themselves through what they wear.

With spring nearing, styles are changing.

What some may think is in style, to others, can look ridiculous.

In this case, is beauty in the eye of the beholder or in the eye of the majority?

"Most college kids wear what is comfortable to class, especially early in the morning, but they care more about what they look like when they go out at night," said junior Anthony Rovelli. "Everyone seems to have their own style."

If this is true, than why do some students find it necessary to look presentable at certain times but not at others?

Whether it be an interview for job or something as simple as going to class, it is



AP Photo/ Jason DeCrow

Runway at N.Y. Fashion Week 2009.

important for students to show their true colors through the threads they put on.

Ethnic and cultural upbringings can affect the way people dress.

Also, financial backgrounds come into play, especially in America today.

The recession has affected many

Americans, but has it stopped them from keeping up with the latest fashions?

"I think it has a lot to do with where you were brought up," said junior Kevin Becker. "Growing up in a beach community like Montauk, definitely influenced the way I dress and the clothes I buy. I usually shop at PacSun or Zumiez."

For those who can't afford the more expensive brands of clothing, students feel that they are pressured by the media to keep up with the latest fads.

Are students with less money limited to the amount they can express themselves?

"People wear what they want, but only to an extent. I feel like pressure from media and celebrity fashion really influence everyone in some way," said junior Krysta DeVencentis. "Although females are generally influenced more by outside style, it's not limited to just girls. Plenty of guys use magazines and television as ideas and inspiration for style as well."

Where is the boundary between expressionism and just wanting to look good?

For some it is a way to stand out in a crowd, for others, your style ultimately displays to others who you are.

"I know people that dress the way

they do and they call it "expressing themselves" but I know other people that just dress the way they want to because they want to look good," said junior Carolyn Brudner.

Whether you view style as simply as the clothes you put on your back or the defining characteristic of who you are, there are millions of looks to choose from.

In any magazine, newspaper or television, there are ways to imitate those you idolize, but the question is: do you want to wear someone like 50 Cent's clothes or do you want to wear your own?

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Sports

Scoreboard

Thursday, March 12

Baseball

SHU- 1

Bowling Green- 0

M. Volleyball

Quincy- 2

SHU- 3

Friday, March 13

Softball

SHU- 2

Buffalo- 3

Softball

SHU- 2

SIU Edwardsville- 9

Baseball

Miami (OH)- 10

SHU- 5

M. Ice Hockey

SHU- 3

Air Force- 4

Saturday, March 14

M. Lacrosse

Wagner- 3

SHU- 18

Softball

SHU- 2

URI- 1

W. Lacrosse

Siena- 13

SHU- 7

Baseball

Vermont- 4

SHU- 10

M. Ice Hockey

SHU- 4

Air Force- 1

Sunday, March 15

Baseball

SHU- 11

Army- 12

W. Basketball

SFPA- 66

SHU- 74

M. Ice Hockey

SHU- 1

Air Force- 8

On Deck

Today

M. Tennis vs. Fairfield

2 p.m.

Tomorrow

M. Lacrosse vs. Hofstra

1 p.m.

M. Basketball vs. Bryant

4 p.m.

M. Hockey vs. Holy Cross

7:05 p.m.

Saturday, March 1

M. Volleyball vs. New Haven

1 p.m.

Next stop: Big Dance

• Pioneers win NEC • Sowinski MVP • Will face Ohio St.



Members of the Sacred Heart University women's basketball team pose with the NEC Championship trophy after defeating St. Francis (Pa.) 74-66 on March 15 at the Pitt Center.

Swanson the driving force behind Pioneers' success

Rob Morgan
Sports Editor

As the final seconds of Sunday's Northeast Conference Women's Basketball Championship ticked away, Sacred Heart University head coach Ed Swanson briskly walked to mid-court, extended his hand to congratulate St. Francis (Pa.) head coach Susan Robinson Fruchtl on a well played game, then ran his left hand through his neatly combed hair one final time.

Anyone who is familiar with Swanson and his coaching style knows that this is a regular occurrence during every one of his team's games.

Only this time, it wasn't followed by a play call or instruction for one of his players as is typically the case.

Rather, it was a gesture of both relief and tremendous accomplishment as Swanson's Pioneers defeated St. Francis (Pa.) 74-66 to earn their second trip to the NCAA tournament in four years.

"You look at our record and there's two things this team

had," said Swanson shortly before learning his team's fate during Monday night's Selection Show on ESPN. "The first was their resiliency and the second was their perseverance."

After getting off to an inauspicious 0-5 start to the season - including three losses by a combined nine points - there was a growing sense of concern.

"We weren't happy," said Swanson. "We were frustrated, we were down, and we were lacking in chemistry."

As a result, Swanson did some mixing and matching of his own - shuffling the lineup and benching a few of the team's starters.

Turns out, Swanson's message rang loud and clear as the Pioneers won 25 of their next 27 games en route to claiming the NEC crown.

Under Swanson's leadership, Sacred Heart has developed into one of the most consistent programs in the NEC.

Since he took over the program in 1990, the Pioneers have endured only four losing seasons and none since making the jump to Division I in 1999.



The Spectrum/Zack Lane
Sacred Heart head coach Ed Swanson cuts down the net after the Pioneers' victory on Sunday.

They have posted at least a .500 record in each of the past 13 seasons - a span that includes four 20-win seasons.

Swanson has amassed 322 career wins during his 19 year reign as Pioneers head coach including 138 NEC regular season victories which puts him six ahead of Mount St. Mary's head coach Bill Sheahan for the all-time lead.

See SWANSON on Page 13...

Rob Morgan
Sports Editor

Too much Kaitlin Sowinski. Too much Alisa Apo. Too much home court advantage.

The top-seeded Sacred Heart University women's basketball team is back in the NCAA Tournament after defeating the third-seeded St. Francis (Pa.) Red Flash, 74-66, in the Northeast Conference championship game before a lively crowd of 1,529 at the William H. Pitt Center on Sunday, March 15.

"I couldn't be more proud of this group of kids," said head coach Ed Swanson shortly after cutting down the net at the Pitt Center. "The effort was there. The energy was there. We just made more plays down the stretch and were able to cut down the nets."

In a moving gesture during the post-game celebration, Swanson and his players presented the cut-down net to the parents of former Pioneer Lisa Moray, who was tragically killed this past summer in an automobile accident. In November, the Pioneers announced that they were dedicating the season to Moray who was on the roster when Sacred Heart last won the NEC title in 2006.

"It makes it that much more meaningful and memorable for every person on this team to accomplish that," said senior Stephanie Ryan.

The victory completed the Pioneers' undefeated season in the NEC and extended their winning streak to 21 straight games - a stretch that dates back to Dec. 28. It is currently tied for the second longest winning streak in the nation, behind only the top-ranked University of Connecticut Huskies.

"It feels good. This is why I came here - to win a championship," said Ryan who transferred to Sacred Heart from Fairfield University in 2006 but had to sit out that season in compliance with NCAA regulations.

Sowinski scored 20 points, pulled down 15 rebounds, and swatted away five shots on Sunday to secure Tournament MVP honors. She averaged 26 points, 11 rebounds, and recorded 13 blocked shots in Sacred Heart's three playoff victories.

"[Sowinski] became the best player in the league in the tournament," said Swanson. "She has had a great career. Each year she took her game to another level."

NEC Player of the Year Alisa Apo added 21 points for the Pioneers (25-7, 22-0 NEC) including converting on eight clutch free throws over the game's final 2:03 to preserve the victory for Sacred Heart.

"I've been practicing them all week," said Apo. "I knew I would be the one with the ball in my hands at the end of the game."

See APO on Page 13...

Apo, Sowinski propel SHU Pioneers back to NCAA's

...Continued from Page 12

From the game's opening possession, it was clear that Sacred Heart's game plan was to work the ball inside to Sowinski and utilize her 6-foot-4 frame. Fighting off double-team coverage for most of the game, she still managed to get off several high-percentage shots and finished with 11 points at the end of the first half.

"Sacred Heart is an excellent team – they proved it all year," said St. Francis head coach Susan Robinson Fruchtl. "They're smart and stuck to their game plan. Sowinski is the best player in the Conference and is very difficult to stop."

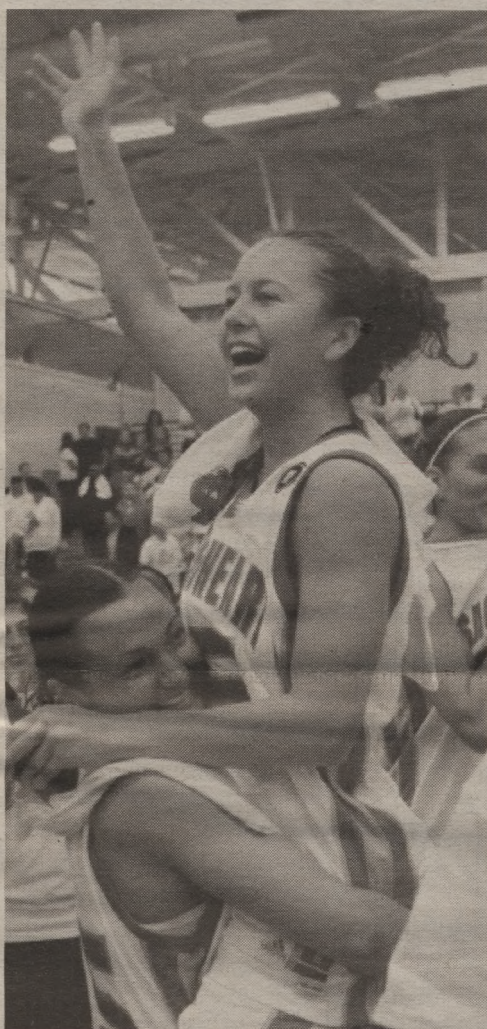


Photo courtesy of Stan Godlewski

Sacred Heart's Liz Gruber picks up teammate Alisa Apo during the Pioneers' post-game celebration on Sunday.

Sowinski's presence was also felt on the defensive end as St. Francis ran most of their offense out on the perimeter. When they did drive to the hoop, Sowinski was there to challenge nearly every shot.

It looked like it would be a long afternoon for the Red Flash who missed their first seven shots of the game before Brittany Hodges ended the drought with a jump shot.

While foul trouble has been a bugaboo at times for Sowinski this season, it was her frontcourt mate, Callan Taylor, who had to take an early seat after picking up two quick fouls in the game's opening minutes.

"The last place you want to be in a championship game is on the bench," said Taylor.

With Taylor forced to the bench, senior Khalia Cain checked into the game and provided an immediate defensive spark for the Pioneers, applying heavy pressure on the Red Flash guards and forcing them into several turnovers.

"When Khalia comes in and plays defense, the other team's rhythm always changes," said Swanson.

The Pioneers jumped out to an early 13-4 lead thanks to a series of easy lay-ups from Apo and Sowinski. The Pioneers extended their lead to 16-6 when Apo drained a wide open 3-pointer to give the Pioneers their first double digit lead of the game.

Sacred Heart took its largest lead of the day at the 7:45 mark when Maggie Cosgrove nailed a 3-pointer to put the Pioneers ahead 27-14, bringing the home crowd to its feet.

But St. Francis began to chip away at the Sacred Heart lead as the first half wound down, due in large part to three consecutive Pioneer turnovers, leading to back-to-back fast break lay-ups by Red Flash sophomore Allison Daly.

With Sowinski out of the game for a quick breather, St. Francis wasted no time in attacking the basket and found themselves trailing by only five points with 3:47 left in the first half.

But a traveling violation by Sowinski followed by a Samantha Leach 3-pointer right in front of Swanson and the Pioneer bench trimmed the Pioneer lead to 33-29 as the first half came to a close.

Beginning the second half with the ball, Sacred Heart could not seem to shake the Red Flash who continued to linger within four points of the Pioneers.

A Stephanie Ryan three point play gave the Pioneers some breathing room by extending their lead to 45-38 with 14:41 left in the second half.

But the Red Flash continued to hang tough and cut the Pioneer lead back down to four points with 12:17 left to play.

With Taylor back in the game, the Pioneers went on a 14-4 run which was capped off by five straight points from Sowinski on two layups and a free throw to make the score 63-49 with 6:53 to go.

The Red Flash would put together one last run after Apo picked up her fourth foul of the game with 6:22 left, forcing her to the bench. St. Francis crept back to within five points of the Pioneers with 2:43 left.

But it was too little, too late for St. Francis who was forced to foul Apo – the Pioneers' best free throw shooter – who calmly converted on all eight of her free throws down the stretch.

With a little under a minute to play, Swanson elected to take Sowinski and Ryan out of the game so that they could receive an ovation from the Pioneer faithful.

"Because of my experience in the last two championship games, I wasn't comfortable until Stephanie and Kaitlin came out and gave me a hug. I'm not the best at math so I was counting on my fingers trying to figure out how much time was left and how much we were ahead by," said Swanson.

Leach and Brittany Lilley each scored 15 points to lead the Red Flash (15-7) who entered Sunday's title game riding a 29-game winning streak in NEC tournament play and looking to capture the program's 10th NEC Championship.

"Our kids battled but it just wasn't good enough," said Robinson Fruchtl. "We can be pleased with our effort, but we can't be satisfied with the result"

The Pioneers will travel to Columbus, Ohio to take on Ohio St. University in the opening round of the NCAA Tournament.

"We're going to give it our best effort," said Swanson.

Swanson transformed SHU into NEC force

...Continued from Page 12

"I don't think it's just the coach that builds programs," said Swanson. "You have to have a good administration and some quality players."

In 2005-06, the Pioneers made their first ever appearance in the NCAA tournament after beating Quinnipiac University in the NEC title game.

The Pioneers went 26-5 that season while earning 16 conference wins. In just their seventh season as a Division I program, Swanson had put Sacred Heart women's basketball on the map and others were beginning to notice.

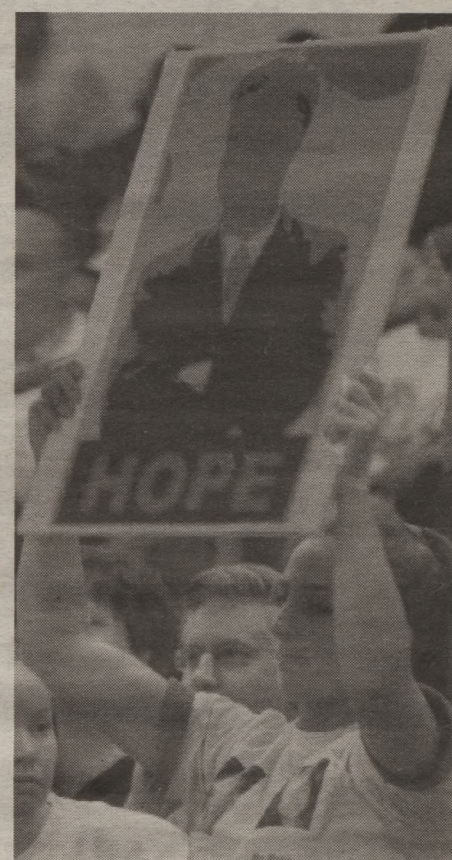
After the season ended, Swanson received an offer to become head coach of the Fordham University women's basketball team. He turned it down, however, choosing to remain at his alma mater for the foreseeable future.

"It was not an easy decision," Swanson said at the time. "Sacred Heart University is where my heart is and where I belong right now at this point in my career."

Suffice to say, Sacred Heart is glad Swanson chose to remain on the bench as he already has three NEC Coach of the Year Awards and two NEC championships under his belt.

But with success often comes opportunity which means Swanson could very well find himself in the same position he was in after the Pioneers' last NCAA appearance – a wanted man.

"I'm not really worried about that



The Spectrum/Stephanie Reyes

Sacred Heart sophomore Stephanie Fazio holds up a sign of Pioneer coach Ed Swanson during Sunday's game.

right now," said Swanson. "I haven't updated my resume. I'm happy where I am: working for Don Cook, Dr. Cernera, and Jim Barquinero. I owe it all to them for having the confidence and trust in me. But you never say never."



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Sports

Men's Ice hockey eliminated by Air Force

Dan Cofiniotis
Staff Reporter

The Sacred Heart University men's ice hockey team was eliminated by Air Force in a best-of-three series in the AHA quarterfinals in Colorado Springs, Co.

The Pioneers started their playoff quest in the first round against the University of Connecticut on March 7 at the Milford Ice Pavilion. Junior Dave Jarman scored two goals to help the Pioneers earn the

4-2 win and advance to the semifinals.

With the momentum on their side after beating UConn, the Pioneers came out of the gate in the first game against Air Force flying high as they took the early lead at the 5:49 mark in the first period.

Freshman Matt Gingera got the Pioneers on the board by picking up a loose puck in front of the Air Force net and lifted a backhanded shot over Air Force goalie to give the Pioneers the 1-0 lead.

Air Force controlled much

of the second period and converted on two of their four power play opportunities.

Jeff Hajner put Air Force ahead 2-1 by scoring the first power play goal by beating Pioneer senior goaltender Stefan Drew with multiple fakes, leaving the corner of the net open which resulted in the goal.

Derrick Burnett put Air Force ahead 2-1 by scoring the team's second power-play goal which was then followed by a Scott Kozlak short-handed goal with two seconds remaining to

give Air Force a 3-1 lead heading into the locker room.

The Pioneers came back firing as junior Erik Boisvert scored two power-play goals early in the third period to tie the game at 3-3. Senior Bear Trapp added an assist on one of Boisvert's goals giving him 99 for his career.

With time winding down in the third period, the Pioneers killed off an Air Force penalty but couldn't keep the puck out of their own zone.

See HOCKEY on Page 15...

Richards named to D-II hockey All-Star team

Matt Jarvis
Staff Reporter

Sacred Heart University senior Matt Richards, a forward on the Pioneer club ice hockey team, was recently named to the American Collegiate Hockey Association (ACHA) Division II All-Star team.

In just 14 games this season, Richards tallied 16 goals and 18 assists to lead the team.

Richards was once a member of Sacred Heart's Division I hockey team when he made the squad as a walk-on during his sophomore and junior years.

Entering his last year of eligibility this season, however, Richards was cut from the varsity team.

But since Sacred Heart offers a club sports program, Richards could continue playing the sport he loves at a high level.

"Being selected to All-Star team means a lot to me," said Richards. "After four years of playing hockey at SHU I've been through a lot, walking onto the varsity team as a sophomore and then unfortunately being cut as a senior. I am really excited that I am going to be able to end my college career on such a high note."

Sacred Heart offers 18 club sports as less stressful alternatives to playing on a Division I team.

All of the sports have a lighter practice schedule than Division I sports – about two to three times per week as opposed to 20 hours a week in a varsity sport.

According to Ray Mencio, the director of club sports, club sports is a way for athletes to continue playing beyond high school and still be competitive.

"Matt had an amazing season for us in our first full year in the ACHA," said Mencio. "His achievements mean a lot not only to all of the club sports but to Sacred Heart University. For Sacred Heart to be represented among the 172 teams in Division 2 of the ACHA is phenomenal."

The club ice hockey team at Sacred Heart had a unique situation at the start of their 2007-08 season.

Sacred Heart was one of a few schools that still had a junior varsity hockey team.

But at the beginning of the 2007 season, the junior varsity team was eliminated and, as a result, had to compete as a club sport at the Division II level.

"Division I hockey is like a job and comes with a lot of pressure," said Richards. "...I was fighting for a spot everyday for two years and it slowly became very frustrating and really took a toll on me. When I went down to the club team, the sport became fun again. I really think that was the biggest factor in why I had the season I had."

The ACHA All-Star Challenge takes place in West Chester, Pa. on April 3-5. A total of four games will be played over the weekend beginning on Friday evening.

The All-Star weekend will wrap up with placement games on Sunday morning to determine the final placement of teams and ultimately crown the top All-Star squad.

Team shaves heads to raise money for cancer

Stephanie Sakellarides
Staff Reporter

The Sacred Heart University men's hockey team shaved their heads for the third year in a row to raise awareness in support of the St. Baldrick's Foundation.

The team has raised over \$45,000 in the previous years and hopes to raise even more in 2009.

The foundation, established in 2000, supports research that looks for a cure to all different types of cancer among children. Since its inaugural year, the foundation has raised \$51 million in 18 countries.

Not only does the St. Baldrick's Foundation raise money by setting up booths and organizing events, some participants, like the Pioneer men's hockey team, also shave their heads to spread cancer awareness.

"It is for a great cause and is one of the biggest foundations in America," said junior Erik Boisvert.

The team has sent out global e-mails to the Sacred Heart community to spread the word to those who might be interested in donating to the cause.

They also invited people to join them on March 8 at The Bear & Grill restaurant in Fairfield to watch them shave their heads and celebrate.

"This is my third year raising money and shaving my head for childhood cancer," said junior Corey Laurysen. "The

team has been doing this for awhile now, and it is a great event to be involved in and knowing that you are helping a great cause makes it all that much better."

He also considers this to be a great team bonding experience.

"We shave our heads because play-offs are a whole new season and it's a fresh start," said Laurysen.

Even the hockey team's coach, Shaun Hannah, shaved his head.

"As long as I have hair to be shaved, I will continue to participate," said head Hannah.

According to Hannah, the team was "excited to pitch in" and help the cause.

"It is a very fun event," said Hannah. "For the first time, like senior Anthony Barela, who had a full head of long hair that required lots of care and attention, it can be a little scary. But, hey, it grows back and it really is a small price to pay to support such a worthy cause."

Hannah emphasized that, above all, everyone is doing it for a worthy cause but that their biggest challenge this year was the downturn in the economy.

"In each of the years past we have raised over \$13,000 – our best year being 2006 when we raised \$16,479," said Hannah. "This year we are tickling \$8,000 even though the head shaving event has come and gone."

St. Baldrick's is still accepting donations in hopes that people will consider

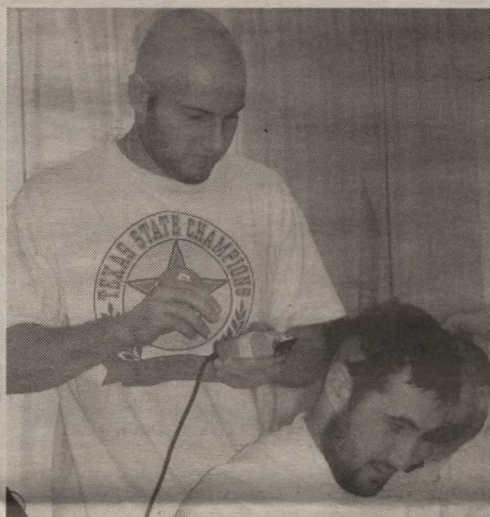


Photo courtesy of Athletic Communications

Sacred Heart men's hockey player Eric Giosa shaves teammate Bear Trapp's head during last year's St. Baldrick's event.

supporting cause as well as the hockey team's goal of raising \$10,000 this year.

"Cancer doesn't quit just because there is a down turn in the economy," said Hannah. "The little time it takes to make an online donation no matter the size will make a huge difference."

Anyone can make a donation to the St. Baldrick's Foundation through their Web site at www.stbaldricks.org.

"We are just trying to do our part so that kids who have the misfortune of being diagnosed with cancer have a chance at surviving."

Men's basketball ousted by The Mount

Chris Whittemore
Staff Reporter

The third-seeded Sacred Heart University men's basketball began the NEC playoffs on a high note by beating sixth-seeded Central Connecticut State Blue Devils, 76-64, in the quarterfinals of the NEC tournament on Thursday, March 5 at the William H. Pitt Center.

Junior guard Chauncey Hardy led all scorers in the game with 22 points and dished out three assists. Graduate student Joey Henley followed Hardy's path and added another double-double to the scoring

column with 15 points and 11 rebounds.

Senior forward Ryon Howard contributed nine points and 10 rebounds to the win and junior guard Corey Hassan netted 13 points and added three assists.

But the Pioneers' luck would run out as they fell to second-seed Mount St. Mary's University, 68-63, in Emmitsburg, Md. on March 8. The Mountaineers beat Sacred Heart last season in the NEC championship game.

It was a back and forth game for the Pioneers; the game was tied seven times and

there were five lead changes.

Hassan led the Pioneers with 15 points and Henley and Howard each scored 14 points apiece but it wasn't enough to beat the Mountaineers and advance to the finals for the third consecutive year.

The Mountaineers went on to lose in the NEC Championship game to the Robert Morris University Colonials, who earned an automatic bid to the NCAA tournament.

The Pioneers ended their season with an overall record of 17-14. They finished the NEC tied for third place with a

12-6 record.

The Pioneers will be losing Henley and Howard to graduation next year and they will no doubt be missed.

Henley averaged 15.7 points per game and 6.8 rebounds per game while Howard averaged 10.6 points per game and 6.6 rebounds per game.

Despite the loss of these two veterans, the future remains bright for the Pioneers as Hassan, Hardy, Litke, and Mehmet Sahan will all return to the squad next season to try and bring a championship to Sacred Heart.

Hanson, Balbach help SHU finish 4-4 on Florida trip

Emily Gumbs
Asst. Sports Editor

The Sacred Heart University baseball team traveled to Winter Haven, Fla. over spring break to go 4-4 against tough teams, improving their overall record to 5-6 on the season.

The Pioneers won games against Central Michigan University 5-3, University of Connecticut 4-3, Eastern Kentucky University 6-1, and the University of Vermont 10-4.

They fell to the University of Toledo 8-6, Bowling Green State University 1-0, the University of Miami-Ohio 10-5, and Army 12-11.

Senior first baseman Jeff Hanson came back from the trip hitting an impressive .553 and already has seven home runs and 27 RBI this season in just 11 games.

The seven homers ties his career high he set during the 2007 season.

Junior catcher Jeff Heppner also showed off his power in Florida with a pair of homers. Freshman Mike Olszyk hit the first two home runs of his career, both of them coming in the win over Vermont.

Junior Corey Corcoran had a couple of good outings out of the bullpen on the Florida trip, working scoreless innings against Toledo and Army. "I feel the team played very well," he said. "We have great team chemistry, and we had an opportunity to win in almost all our losses."

This season's team is already far ahead of last year's team that suffered injuries to several key players. The Pioneers lost the first nine games of their season in 2008, and 19 of the first 20. In fact, they didn't record their fifth win until April 19. The Pioneers hit only 21 homers all season last year, and have already hit 16 in 2009.

The team's success has resulted in the Pioneers taking home several Northeast Conference Awards. Hanson earned his third straight Akademia/NEC Player of the Week award on Monday. Junior Jared Balbach was named Co-Pitcher of the Week, the first time a Pioneer pitcher has been honored this season. Balbach picked up wins against Eastern Kentucky and Vermont, striking out 12 batters in 13 2/3 innings of work.

The Pioneers took on UConn in the first game up North on Monday. The game was played at Darien High School because Harbor Yard, Sacred Heart's normal home field, is undergoing renovations and isn't available yet. They lost 7-6.

"We all still need to work hard and try and win every series we can when conference rolls around," said Corcoran. "We still have some things to work on but I'm looking forward to the rest of the year."

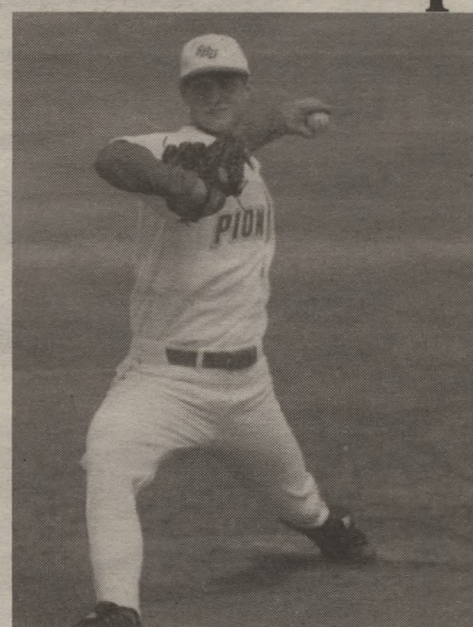


Photo courtesy of Athletic Communications
Sacred Heart's Jared Balbach pitches in a game last season at Harbor Yard.

Men's Hockey season ends with 8-1 loss in Colorado

...Continued from page 14

As a result, Air Force scored the game-winning goal with 1:36 left to play when Jacques Lamoureux picked up the loose puck near the goal line and wristed a shot over the shoulder of Drew to give Air Force the dramatic win.

Facing elimination in Game Two, the Pioneers rose to the occasion as they beat Air Force for the first time at Colorado Springs in school history, 4-1.

Senior Eric Giosa scored two goals and added an assist to give the Pioneers the boost they needed.

Trapp scored the first goal of the game, his tenth of the year, by converting on a centering pass from freshman Anthony Yelovich.

Gingera put the Pioneers up 2-0 in the first period as he tipped in a goal which came from a deflection off a shot by junior Corey Laurysen at the blue line. The goal was Gingera's twelfth of the year.

Air Force scored their lone goal of the second period when Matt Fairchild blasted a shot which Drew got a glove on but could not hold on to as Scott Kozlak banged home the loose puck.

Giosa answered back as he was credited with a goal after Air Force's Greg Flynn made a bad pass which went backwards towards his own net. As a result, it slipped through the legs of the Air Force goalie, Andrew Volkening, giving the Pioneers a 3-1 lead.

Giosa scored the final goal of the

game by banking home a pass from Trapp that crossed the goaltender's crease. The assist was Trapp's 100th of his career.

The real story of game was the stellar play of Drew in goal as he recorded 42 saves to lead the Pioneers into a decisive third game on Sunday night at the Cadet Arena.

With the playoffs on the line and many careers hanging in the balance, the Pioneers came out of the gate in Game Three inspired as any team could be.

Air Force, however, seemed to be just as inspired as they eliminated Sacred Heart from the playoffs in an 8-1 victory.

Gregg Flynn and Lamoureux each had two goals and two assists in the game to go along with Brent Olson who also put up

two goals and recorded an assist.

Boisvert was the lone Pioneer to score in the game. He was assisted by senior Dave Grimson.

Despite the loss, the Pioneers can hold their heads high as it was a record-setting season for a pair of the departing seniors.

Bear Trapp finished his career at Sacred Heart with 156 points which is just two shy of the school record. Trapp's 56 career goals places him fourth all-time at Sacred Heart to go along with his 100 career assists – the most in school history.

Senior Kyle Tyll also played in a school-record 146 games during his four year career at Sacred Heart.

Women's lacrosse records third-straight loss on season

Stephanie Reyes
Staff Reporter

The Sacred Heart University women's lacrosse team lost their third-straight game on Saturday, March 14 against the Siena College Saints, 13-7 on Campus Field.

"I think the team played well, but we didn't play as a unit," said senior Amanda Williams.

Williams started off the game with an unassisted goal at the 12:47 mark in the first period.

Siena's Deirdre McQuillan followed shortly after with a goal at the 24:20 mark, assisted by Lindsey Rosecrans. Siena then scored another goal a minute later by Courtney Highsmith, making the score 2-1 in favor of the Saints.

Williams then scored the second and final Pioneer goal of the first period on an assist by junior Carissa Hauser to tie the game at 2-2.

Siena controlled the rest of the period, scoring three more unassisted goals by Highsmith, Allie Kain, and Cate Quinlan, making the score 5-2 at the end of the first period.

The Saints began the second period with a goal by Rosecrans, assisted by Ryan Tierney at the 28:54 mark. Almost three minutes later McQuillan scored her second goal of the day, assisted by Rosecrans, increasing the Siena lead to 7-2.

The Pioneers fought back with 23:04 left in the second period when Williams

scored an unassisted goal to give her a hat-trick.

At 21:17, Highsmith also recorded a hat trick of her own, making the score 8-3.

At 20:05, Sacred Heart freshman Kate Kmiotek scored her first of three goals to cut the Siena lead in half.

Siena took a 10-4 lead when Caitlin Mikel scored at the 15:31 mark, and Highsmith's last goal of the game, assisted by Rosecrans, making the score 10-4, Siena.

Williams then went on to make her last goal of the game with 12:22 left with a free position shot. Siena's Kain went on to make her second goal of the game with a little over 10 minutes left in the second period.

Kmiotek tried to bring the Pioneers back into the game with two goals but it was not enough to pull out the victory.

Sacred Heart goalie Chelsea Wagner made 11 saves in the game and Siena's Kristin Concordia made 12 saves.


"Offense has had a difficult time finishing our shots and that leads to quick transition," said Williams. "We need to finish our shots to prevent fast breaks."

The Pioneers will be back on the field on March 22 when they travel to Hamden to take on Quinnipiac University at 2 p.m.

Despite their slow start, the Pioneers are confident that they will be able to bring it back.

"Our team has a lot of individual talent," said Williams. "We just need to come together and click."

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